

What is claimed is:

1. A system comprising:  
a unit dose of an orally consumable material comprising  
an indicated discomfort reliever and  
an indicated nutritional supplement.
2. The system of claim 1 wherein said discomfort reliever comprises an analgesic and said nutritional supplement comprises a mineral or a vitamin, and  
said material is effectively free of vitamin C.
3. The system of claim 1 wherein said discomfort reliever comprises a non-aspirin analgesic and said nutritional supplement is selected from the group consisting of vitamin, mineral and herb.
4. The system of claim 1 wherein said discomfort reliever comprises ibuprofen, naproxen, acetaminophen, or caffeine.
5. The system of claim 1 wherein said nutritional supplement comprises a nutritionally effective amount of at least three nutritional supplements selected from the group consisting of vitamin A, vitamin C (ascorbic acid), vitamin D, vitamin E, vitamin K, vitamin B<sub>12</sub>, vitamin B<sub>6</sub>, thiamin, riboflavin, niacin, foliate, biotin, pantothenic acid, calcium, iron, phosphorous, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, chlorine, potassium, nickel, tin, silicon, vanadium, boron.

6. The system of claim 1 wherein said discomfort reliever comprises ibuprofen, naproxen, acetaminophen, caffeine or buffered aspirin and said nutritional supplement is a functional nutritional supplement.
7. The system of claim 1 further comprising an indicator,  
said indicator indicating from 50 mg to 1000 mg of nutritional supplement per said unit dose,  
said indicator indicating from 50 mg to 300 mg of at least one non-aspirin discomfort reliever per unit dose, and  
said unit dose is contained within smooth shaped product adapted to be readily swallowed.
8. The system of claim 1 further comprising  
a first plurality of said unit dose, and  
a second plurality of said unit dose,  
each said unit dose of said first plurality comprising  
a predetermined amount of a first discomfort reliever and  
a predetermined amount of a first nutritional supplement,  
each said unit dose of said second plurality comprising  
a predetermined amount of a second discomfort reliever and  
a predetermined amount of a second nutritional supplement,  
said first plurality and said second plurality are substantially different in at least one member of the group consisting of discomfort reliever, nutritional supplement, amount of discomfort reliever and amount of nutritional supplement.

9. The system of claim 8 wherein said first plurality and said second plurality have at least one substantially the same member of the group consisting of discomfort reliever, nutritional supplement, amount of discomfort reliever and amount of nutritional supplement.
10. The system of claim 8 wherein said first plurality is enclosed by a first container having a first indicator indicating at least two indications for use selected from the group consisting of running nose, sneezing, itching of nose or throat, itchy watering eyes due to hay fever or other upper respiratory allergy, and
- said second plurality of material is enclosed by a second container having a second indicator indicating at least two indications for use selected from the group consisting of: minor aches and pain associated with the common cold, headache, tooth ache, backache, minor pain of arthritis, the pain of menstrual cramps and reducing fever.
11. The system of claim 1 further comprising
- a first plurality of said unit dose enclosed by a first enclosure having a first indicator indicating a first indication for use selected from the group consisting of: minor aches and pain associated with the common cold, headache, tooth ache, backache, minor pain of arthritis, the pain of menstrual cramps and reducing fever, and a first amount of a first nutritional supplement, and
- a second plurality of said unit dose enclosed by a second enclosure having a second indicator indicating said first indication for use, and a first amount of a second nutritional supplement.

12. The system of claim 1 further comprises  
a first plurality of said unit dose enclosed in a first enclosure having a first  
indicator, and a second plurality of said unit dose enclosed in a second  
enclosure having a second indicator,

each said unit dose of said first and said second plurality comprising  
a predetermined amount of discomfort reliever and  
a predetermined amount of nutritional supplement,

said first and said second indicator having effectively the same indication for  
at least one of the group consisting of amount of discomfort reliever, discomfort  
reliever, amount of nutritional supplement and nutritional supplement, and

said first and said second indicator having a substantially different indication  
for at least one of the group consisting of discomfort reliever, amount of  
discomfort reliever, nutritional supplement and amount of nutritional supplement.

13. A system, comprising:

orally consumable material comprising  
at least one non-aspirin indicated discomfort reliever and  
at least one indicated nutritional supplement select from the group consisting of  
vitamin and mineral.

14. The system of claim 13 further comprising an enclosure having an indicator  
and a unit dose of said material is enclosed by said enclosure, said indicator  
indicating an amount of said discomfort reliever per said unit dose, and said  
indicator indicating an amount of said nutritional supplement per said unit dose.

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15. The system of claim 13 further comprising  
a first plurality of said unit dose,  
a second plurality of said unit dose,  
said first plurality being enclosed in a first enclosure,  
said second plurality being enclosed in a second enclosure,  
each said unit dose of said first plurality and said second plurality  
comprising  
a predetermined amount of discomfort reliever and  
a predetermined amount of nutritional supplement,  
said first plurality of material and said second plurality of material having at  
least one substantially different member of the group consisting of discomfort  
reliever, nutritional supplement, amount of discomfort reliever and amount of  
nutritional supplement.
16. A method of providing discomfort reliever and nutritional supplement,  
comprising:  
providing a unit dose of an orally consumable material comprising a  
predetermined amount of discomfort reliever and a predetermined amount of  
nutritional supplement, and  
indicating that consumption of said material provides relief for at least one  
discomfort and supplement for nutrition.
17. The method of claim 16 wherein said discomfort is selected from the group  
consisting of pain, upper respiratory allergy, and cold.

18. The method of claim 16 wherein said material consists essentially of said discomfort reliever and said nutritional supplement, and said nutritional supplement comprises at least four vitamins and at least four minerals.
19. The method of claim 16 wherein said nutritional supplement is selected from the group consisting of vitamin and mineral, and said discomfort reliever is selected from the group consisting of ibuprofen, naproxen, caffeine and acetaminophen.
20. The method of claim 16 wherein said orally consumable material is enclosed in a container having an indicator with indications for consuming said material for pain relief, and for supplementing nutrition.

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